



## February 2018

Stepping Out-Stepping Up is a monthly, community-oriented newsletter of the Department of Psychiatry published by the Office of Mental Health Promotion.

### **Stronger Together Reception Showcases University Talent**

The [Bridge Art Gallery](#) held a reception for the current show, *Stronger Together*, on Monday, February 12<sup>th</sup>.



The gallery featured artwork from many people connected to the University of Rochester, including Sandra Entress, a nurse on the 3-9200 unit whose piece, *Working Together Makes Us Stronger* (left), was awarded Top Juror's Pick.

The Bridge Art Gallery is also showcasing work from Getachew Taye, Patient Care Tech, whose artwork is also featured in Psychiatry's ground floor permanent collection show, and Amanda Lai, Project Assistant in the Office of Mental Health Promotion.

River Campus was also represented, with Phyllis Mangefrida, Sarah Mossey and Brandon Vick participating with their collaborative piece, *Interwoven*, which tied for Best in Show.

### **Community-Oriented Events**

Don't forget to check the calendar for special university sponsored events: [www.rochester.edu/diversity/eventscalendar/](http://www.rochester.edu/diversity/eventscalendar/)

- [The Art and Life of Danny Allen](#) is a series of four exhibits built around the "It Gets Better" Campaign for youth at risk of suicide February-March 2018. In light of losing this artist to suicide quite early in his life, the organizers have been working with Megan Lytle, Ph.D., Assistant Professor, to coordinate having mental health information and mental health professionals at these events to participate in panel discussions and to offer information as needed. Danny Allen's work will be featured in the [Rochester Contemporary Art Center](#) (RoCo), [Gallery Q of the Rochester Out Alliance](#), [Mercer Gallery](#), and [AXOM Gallery and Exhibit Space](#).
- [Cracking the Codes: The System of Racial Inequality](#), presented by Yvette Conyers and Jonathan Wetherbee, will occur on February 27<sup>th</sup> from 12-1 pm at Helen Wood Hall's Collins & Wilson Classroom (1W502).
- [Introduction to NAMI'S Family-to-Family](#), which aims to help family members understand and support their love ones with mental illness, takes place the first and third Thursday of the month from 6-7 pm in the Welcome, Education and Resource Center Room G.9271.
- [Utilizing Sensitivity in the Treatment of LGBTIQ With Eating Disorders](#) is presented by Dr. Brandi Baumkirchner as a part of National Eating Disorder Awareness Week. The lecture will take place on March 2<sup>nd</sup> from 8 am to noon in Helen Wood Hall

Shourya Jain, a student at the University of Rochester, also has work featured in the gallery.



Pictured: Victoria DePalma (left) and Phyllis Mangefrida (right)

Participating artists approached the theme, *Stronger Together*, creatively as well as more literally—this show had the most collaboration pieces than any other in the history of the Bridge Art Gallery. It's also the show that has gained the most attention from various people connected to our department, including faculty, residents, staff and patients—several of whom attended the reception and/or submitted work to the gallery.

The next show will be *Connecting Through Music*, a theme picked by the new Chair of the Department, Dr. Ben Lee. The submission deadline is March 26<sup>th</sup>—be sure to check the [Facebook page](#) and [webpage](#) for details.

### Diversity Conference to Feature Psychiatry Speaker Amen Ptah

This year's diversity conference is themed "Overcoming the Invisible", and will take place on April 13<sup>th</sup>, with Ana Navarro as the keynote speaker.

Following the keynote, attendees have the opportunity to attend breakout sessions, including one being led by

Amen Ptah, Sr. Health Project Coordinator in the Department of Psychiatry. His session, titled: "Necessary Evil: A Privileged History In America



School of Nursing Auditorium (1W304).

- **National Eating Disorder Awareness Week:** Annual Coffee House Event, which aims to educate the Rochester community regarding eating disorders, will take place on March 3<sup>rd</sup> from 2 - 5 pm at Boulder Coffee, located at 100 Alexander Street.
- **The Transgender Health and Wellness Conference** will take place on April 9<sup>th</sup> from 7:30 am to 3:30 pm in Class of '62 Auditorium, 601 Elmwood Avenue. Keynote speakers are Carolyn Wolf-Gould and Rev Moonhawk River Stone. Registration opens in late February. For any questions, email [inclusion@urmc.rochester.edu](mailto:inclusion@urmc.rochester.edu).
- **The Opioid Epidemic and Community Resources** will be presented by Michael Mendoza and Jennifer Faringer, and will take place on April 9<sup>th</sup>, with a second presentation on May 14<sup>th</sup>, from 7:00 - 8:30 pm in Rochester Psychiatric Center Rehab Center Auditorium, 1111 Elmwood Ave. Registration Appreciated at 585-325-3145\*100.
- **A New Perspective on Challenging Symptoms of Schizophrenia, and What to Do About Them** will be presented by Steven M. Silverstein, PhD, Director of Research & Professor of Psychiatry at Rutgers. It will take place on April 17<sup>th</sup> from 6:30-8 pm in Rochester Psychiatric Center Rehab Center Auditorium, 1111 Elmwood Ave. To register, please call 585-325-3145\*100 or visit [www.mharochester.org/education](http://www.mharochester.org/education).
- **A Black Woman in a White Coat**, featuring Jenice Forde-Baker, will take place on April 12<sup>th</sup> from 8:00 - 9:30 am in Class of '62 Auditorium.

### Health Happens Where You Live...Did You Know?

According to the [NHS](#), being a lifelong learner can contribute to your mental wellbeing. Achieving goals related to learning can have a positive impact. The social aspect that sometimes comes through learning new things can be another benefit.

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And Its Consequence," will focus on the invisible foundations of segregation in America and the consequences that exist in 2018. This interactive session will include spoken word poetry and smaller group discussions.

Participants will learn about the history of de jure segregation in America and how it impacted Whites as well as People of Color nationwide. Participants will also discuss the consequence of governmental policy which directly built privilege inside its implementation in every socioeconomic stimulus program that benefited only a certain demographic, while deliberately excluding others via racial zoning laws, redlining, neighborhood covenants, among several other tactics to create "...two societies, one White, one Black, separate and unequal." Participants will walk away with a clearer understanding on how we've arrived to our current state, along with the motivation and intent to not only educate others, but to develop and sustain relationships that will shift the uneven paradigm toward systemic change and equity for all.

For more information about the conference, visit the [diversity conference page](#). For questions, contact Ashley N. Campbell by phone at (585) 273-4297 or by email at [ashley.n.campbell@rochester.edu](mailto:ashley.n.campbell@rochester.edu).

## On the Road to Youth Mental Wellness



[Raising 100,000 Voices](#) has been re-engineered to a traveling, one-day workshop wherein

students learn how to deliver messages about issues of importance to them, culminating in the creation of a short PSA. Although Raising 100,000 Voices has been around since 2006, this new format streamlines the program and includes more content on media literacy.

Currently, the new iteration of Raising has been piloted at Edison Career & Technology HS and is scheduled to run at World of Inquiry School and School Without Walls.

In addition to Raising, the Office of Mental Health Promotion has been doing presentations to youth

organizations about mental wellness, including a presentation by Amen Ptah to the Urban League on December



6<sup>th</sup>. The goal of the presentation was to educate students about the primary issues that are impacting the Black community (e.g. mental health, poverty, post-traumatic slave syndrome etc.) and coping strategies to identify and help young people deal with those stressors. The message about young people being open with their feelings resonated with the students.

Amen Ptah is also scheduled to give a presentation at School Without Walls about the history of segregation on March 1<sup>st</sup>.



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